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U. S. DEPT. OF
AGRICULTURE



U. S. FOOD
ADMINISTRATION

INSTEAD OF MEAT

CHEESE.

BEANS.

MILK.

PEAS.

EGGS.

CEREALS.

NUTS.

THESE make appetizing dishes to take the place of meat. Why not use them oftener? There are plenty of good ways of cooking them.

They give you a body-building material, the protein, and they give a lot of it.

The child to grow must have food that furnishes this kind of material. You need it too. Even if you are grown up, you must have it to renew parts of your body used up by work and exercise.

Don't think you have to eat meat to get this protein. These other foods have it, too. Take cottage cheese, for example. It is richer in this material than meat. You can eat a third of a cup of it with pleasure, and this third of a cup will give you as much of the protein as a quarter of a pound of sirloin steak—a good, generous serving. Or if you like baked beans, eat a cupful to give you the same amount of protein.

Use Less Meat—Our Government Needs It



PEAS, BEANS, PEANUTS, CEREALS

These are cheaper than meats and good. They should be used, but eat some milk or cheese besides.

KIDNEY BEAN STEW.

1½ cups dried kidney or other beans.	2 tablespoons flour.
2 cups canned tomatoes.	1 onion.
½ cup rice.	1 tablespoon salt.

Wash the beans, put in covered kettle, and soak over night in two quarts of cold water. Cook the beans slowly in the water in which they soaked. If necessary, add more water to cover and continue the cooking until they are nearly tender, usually about two hours. Wash the rice, cut up the onion and add with the tomatoes to the beans. Cook until rice is tender—about 30 minutes. Mix the flour with a little cold water and stir in carefully to thicken. A small piece of salt pork cut up in cubes and added to the beans at the beginning of the cooking gives a pleasant flavor to the dish.

This stew will make a whole meal in itself, with bread and butter and fruit for dessert, to serve five or six people.

PEA SOUFFLÉ.

4 tablespoons flour.	3 eggs.
4 tablespoons fat.	1 teaspoon salt.
1 cup skim milk.	¼ teaspoon pepper.
1 cup mashed cooked peas (any kind).	Few drops of onion juice.

Make a white sauce from flour, fat and milk, as in preceding recipe. Mash the cooked peas to a pulp. Beat white and yolks of eggs separately. Mix vegetable pulp, seasonings, sauce and well-beaten yolks. Fold in stiffly-beaten whites, put in greased baking dish and bake in slow oven until firm. Lima beans, split peas, cowpeas, or fresh or canned green peas may be used.

CHEESE, MILK, EGGS, MEAT

These give body-building material in a little better form than the plant foods do.

CREAMED PEANUTS AND RICE.

1 cup rice (uncooked).	WHITE SAUCE.
2 cups chopped peanuts.	3 tablespoons flour.
$\frac{1}{2}$ teaspoon paprika.	3 tablespoons fat.
2 teaspoons salt.	3 cups milk (whole or skim).

Boil rice. Make white sauce by mixing flour in melted fat and mixing with milk. Stir over fire until it thickens. Mix rice, peanuts and seasoning with sauce, place in greased baking dish and bake for 20 minutes.

CALCUTTA RICE.

2 cups rice.	$\frac{1}{2}$ pound cheese.
2 cups tomatoes.	1 tablespoon salt.

Peppers and celery or onions may be added, if desired.

Boil rice. Mix it with tomatoes, grated cheese and seasonings, and pour into baking dish. Bake half an hour. If peppers or celery are used, cut up and boil with the rice.

All of these four dishes except the pea soufflé have as much building material, protein, as a pound and a quarter of solid meat. The pea soufflé furnishes only about half as much protein, but is very good instead of meat at a lighter meal.

CHEESE IS A FINE MEAT-SAVER. There is a great deal of food in a little piece of it. Don't eat it at the end of a meal when you have already had enough. You would not eat a piece of meat then. An inch cube of American cheese contains a third more protein than the same sized piece of lean meat. Cheese is excellent food if eaten at the right time.

Get the Farmers' Bulletin on Cheese, No. 487, to learn how to use it in many ways.

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Use These Good Meat-Savers

COTTAGE CHEESE is a delicious and easy dish. You can buy it from almost any milkman or you can make it yourself. Add salt and pepper before eating, and if you prefer it more moist, stir in a little milk. It is good, too, served with applebutter, or a bit of jelly. While this is more of a dessert, it can still lessen the amount of meat you eat.

To make cottage cheese warm sour milk, whole or skimmed, on the back of the stove or put a bowl of it in a pan of hot, not boiling, water for about 20 minutes. Stir occasionally. When the curd and whey have separated, pour off the whey through a sieve. Work the curd with a spoon and let it drain. When fairly dry work again until smooth. The whey is good to use in making bread.

NUTS are concentrated foods, too. Twenty single peanuts are about the same as the inch cube of cheese. Remember that nuts are good food. Chew them thoroughly or grind them up for a cooked dish and eat them as an important part of your meal.

Save Meat and Money.

United States Food Leaflet No. 8.

